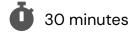


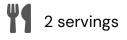




# **Moroccan Beef Stuffed Sweet Potatoes**

Moroccan-inspired beef and vegetables stuffed into roasted sweet potatoes served with a fresh mint topping and tangy natural yoghurt.







# Switch it up!

Transforming the flavours of this dish is simple! Switching the spices used to cook the beef is all it takes! For Indian, use curry powder and cinnamon, and for Mexican, smoked paprika, cumin seeds and dried oregano.

#### FROM YOUR BOX

SWEET POTATOES	600g
BEEF MINCE	250g
RED ONION	1
GREEN CAPSICUM	1
TOMATO PASTE	1 sachet
LEBANESE CUCUMBER	1
MINT	1 packet
NATURAL YOGHURT	1 tub
FLAKED ALMONDS	40g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar, cumin seeds, ground turmeric, ground cinnamon

#### **KEY UTENSILS**

large frypan with lid, oven tray

#### **NOTES**

To jazz up the toppings you can toast the almonds and flavour the yoghurt. Toast almonds in a dry frypan over medium heat until golden. Add crushed garlic, sumac, harissa paste, lemon zest, preserved lemon or pomegranate seeds to the yoghurt.





## 1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve **sweet potatoes.** Place cut side down on a lined oven tray. Coat with **oil**, **salt and pepper.** Roast for 25 minutes until sweet potatoes are tender.



## 2. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add **beef mince** and break up any lumps with a wooden spoon. Cook for 4-5 minutes until mince begins to brown.



#### 3. ADD THE AROMATICS

Dice onion and capsicum. Add to pan with 2-3 tsp cumin seeds, 2 tsp turmeric, 1/2 tsp cinnamon and tomato paste. Sauté for for 3 minutes. Pour in 1/2 cup water and cook, covered, for 4-6 minutes until vegetables are tender. Season with salt and pepper.



#### 4. MAKE THE TOPPING

Dice **cucumber** and slice **mint leaves**. Add to a bowl along with **2 tsp vinegar**, **salt and pepper**. Stir to combine (see notes).



# **5. STUFF THE POTATOES**

Turn **potatoes** over. Use a fork to press down the centre of the potatoes. Spoon in **beef filling**.



#### 6. FINISH AND SERVE

Serve stuffed potatoes on plates. Dollop over yoghurt and add mint topping. Garnish with flaked almonds (toast if desired).

